

WHAT IS CLAIMED IS:

1. An exercise apparatus, comprising:

5 horizontal support means;
 a leg bar assembly pivotally mounted to said horizontal support means and being generally moveable between a substantially vertical position and a first range of angular positions;

 a lift bar assembly pivotally mounted to said horizontal support means and
10 selectively engageable with said leg bar assembly through linkage means and being generally moveable between a substantially horizontal position and a second range of angular positions;

 a seat assembly pivotally mounted to said horizontal support means being generally moveable between a substantially horizontal position and a third range of
15 angular positions, said seat assembly including a seat member having a lower surface that is selectively engageable with said lift bar assembly; and,

 a resistance band extending between said horizontal support means and said lift bar assembly.

20 2. The exercise apparatus of claim 1, further comprising a head rest assembly being pivotally mounted relative to said seat assembly.

 3. The exercise apparatus of claim 2, wherein said head rest assembly further comprises a head rest assembly comprising a head support frame, a pair of hand grips extending from
25 said head support frame and a head rest cushion.

 4. The exercise apparatus of claim 1, wherein said apparatus is portable.

 5. The exercise apparatus of claim 1, wherein said apparatus is adapted to fold for storage.

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6. The exercise apparatus of claim 1, wherein said horizontal support means is a bottom frame assembly having first and second ends and being adapted for support on a substantially horizontal surface, said bottom frame assembly comprising a cross member and first and second side members defining a first plane, wherein said cross member is located near said second end of said bottom frame assembly.

7. The exercise apparatus of claim 1, wherein said lift bar assembly comprises first and second spaced arm members, a cross member extending between said first and second arm members, and a wheel member, said lift bar assembly adapted for selective engagement with said leg bar assembly through linkage means.

8. The exercise apparatus of claim 2, further comprising interconnecting means pivotally connected to said seat assembly support tube at a first end thereof and pivotally connected to said head support assembly at a second end thereof.

9. The exercise apparatus of claim 1, wherein said resistance band is selectively removable.

10. An exercise apparatus for targeting leg, buttock and abdominal muscles, comprising:

a bottom frame assembly having first and second ends and being adapted for support on a substantially horizontal surface;

a leg bar assembly pivotally mounted to said horizontal support means and being generally moveable between a substantially vertical position and a first range of angular positions;

a lift bar assembly pivotally mounted to said bottom frame assembly and selectively engageable with said leg bar assembly through a link and being generally moveable between a substantially horizontal position and a second range of angular positions;

a seat assembly pivotally mounted to said bottom frame assembly being generally moveable between a substantially horizontal position and a third range of angular positions, said seat assembly including a seat member having a lower surface that is selectively engageable with said lift bar assembly; and,

a selectively removable resistance band extending between said bottom frame assembly and said lift bar assembly.

11. The exercise apparatus of claim 10, further comprising a securing plate, wherein first
5 mount means operatively connects said leg bar assembly to said securing plate and second mounting means operatively connects said lift bar assembly to said securing plate to achieve pivotal movement of said leg bar assembly and said lift bar assembly.
12. The exercise apparatus of claim 10, wherein said seat assembly is selectively
10 engageable with a wheel member of said lift bar assembly.
13. The exercise apparatus of claim 12, wherein said lower surface of said seat member further comprises a plate for engagement with said wheel member.
14. The exercise apparatus of claim 10, wherein said exercise device is portable.
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15. A method for using an exercise device, comprising the steps of:
 providing horizontal support means;
 providing a leg bar assembly pivotally mounted to said horizontal support means
20 and being generally moveable between a substantially vertical position and a first range of angular positions;
 providing a lift bar assembly pivotally mounted to said horizontal support means and selectively engageable with said leg bar assembly through linkage means and being generally moveable between a substantially horizontal position and a second range of
25 angular positions;
 providing a seat assembly pivotally mounted to said horizontal support means being generally moveable between a substantially horizontal position and a third range of angular positions, said seat assembly including a seat member having a lower surface that is selectively engageable with said lift bar assembly; and,
30 providing a resistance band extending between said horizontal support means and said lift bar assembly;

engaging said lift bar assembly and said leg bar assembly to target specific muscles.

16. The method of claim 15, wherein said muscles are leg muscles.

17. The method of claim 15, wherein said muscles are abdominal muscles.

18. The method of claim 15, wherein said muscles are buttock muscles.

19. The method of claim 15, wherein said muscles are upper body muscles.

20. The method of claim 15, further comprising the step of removing said resistance band.

21. An exercise apparatus, comprising:

a bottom frame assembly having first and second ends and being adapted for support on a substantially horizontal surface, said bottom frame assembly comprising a cross member and first and second side members defining a first plane, wherein said cross member is located near said second end of said bottom frame assembly;

a leg bar assembly including first and second spaced arms and a cross piece;

a lift bar assembly comprising first and second spaced arm members, a cross member extending between said first and second arm members, and a wheel member, said lift bar assembly adapted for selective engagement with said leg bar assembly through linkage means;

first mounting means disposed at said first end of said bottom frame assembly for mounting said leg bar assembly relative to said bottom frame assembly so that said leg bar assembly is pivotally moveable about a first horizontal axis between a substantially vertical position and a first range of angular positions;

second mounting means for mounting said lift bar assembly relative to said bottom frame assembly so that said lift bar assembly is pivotally moveable about a

second horizontal axis between a substantially horizontal position and a second range of angular positions;

a seat assembly generally disposed above said bottom frame assembly and comprising a seat member fixedly secured to a support tube, said seat assembly having a top end and a bottom end, said seat member having a lower surface for selective engagement with said wheel member;

third mounting means disposed at said second end of said bottom frame assembly for mounting said seat assembly relative to said bottom frame assembly so that said seat member is pivotally moveable about a third horizontal axis between a substantially horizontal position and a third range of angular positions;

a resistance band extending between said bottom frame assembly and said lift bar assembly;

a head rest assembly comprising a head support frame, a pair of hand grips extending from said head support frame and a head rest cushion; and

interconnecting means pivotally connected to said seat assembly support tube at a first end thereof and pivotally connected to said head support frame at a second end thereof.